

ABSTRACT OF THE DISCLOSURE

An exercise and rehabilitation chair and method includes pivotal front support legs, rigid rear legs, a seat assembly having a seat bottom and seat back and upper and lower arms, each upper and lower arm being pivotally coupled at a rearward end to a pivotal support arm rigid with a seat back and at a forward end to an upper end of a pivotal front leg. Bearing structures pivotally connect corresponding support arms and rear legs and establish a fulcrum about which the seat assembly may rotate. The bearing structures are simultaneously adjustable longitudinally along the pivotal support arms and rigid rear legs with displacement of the fulcrum relative to a user's hips regulating the resistance of chair operation. A foot assembly is pivotally coupled to the front legs and the forward ends of the upper and lower arms. All pivotal connections correspond anatomically to a user's joints for low joint stress and low-resistance exercise.